

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, May 20, 2014

Time: 3:30 p.m. – 5:00 p.m.

Location: Central Office, Conference Room C

Attendance: Sue Anderson, Deb Englehart, Lea Hanke, Shelly Schneider, Marliss Trudeau, Kelly Trulen, Stacey Weichelt

1. Introductions
2. Updates
 - a. Farm to School (Sue A.)
 - Next school year the students will see Nasonville dairy cheese on the breakfast menu.
 - Wood County has an intern that will be working on revamping the farm to school website. This website will feature a section for each school district. Amber and Stacey have already provided feedback however Sue will send it out to the committee to review.
 - Sue mentioned how active Tim Heeg's horticulture class has been with the elementary schools. Currently they are helping a couple schools plant their school garden.
 - Sue mentioned that if anyone is interested in working with the horticulture class or hold a greenhouse visit for their class, to contact Tim.
 - Next year there will be a regular schedule delivery/opportunity to purchase from Parrfection, which supplies local produce. The deliveries will be the 2nd and 4th Tuesday in September and October and the 2nd Tuesday in November and December. If anyone is interested in ordering for classroom supplies, please contact Stacey.
 - The Auburndale Food Coop, which is a group of local farmers, has become established and willing to delivery to Marshfield. This would be a great opportunity for special events or smaller orders.
 - b. Transform WI Grant
 - There is no word yet. Further funding is currently in negotiation but it looks promising. If funding runs out, Sue will be done in September, however they are working on other funding sources.
3. 2014-2015 Planning
 - a. Increase wellness promotion and opportunities for SDOM staff
 - Create and promote staff physical activity program such as the mileage club.
 - Tami is working with Scott to provide an opportunity to sell Fit Bit or Fit Flex to staff at a discounted rate.
 - Pickleball
 - Deb explained the idea to have pickleball at the schools and available to teachers after school. This would be a great way to expose this sport to staff, relieve stress and increase physical activity.
 - Deb and Marliss plan to take the lead on this and work on it over the summer. Deb will report back in August with her progress.
 - b. Create and promote a list of free/inexpensive activity opportunities in the Marshfield community.
 - Find a way to get free/inexpensive activity online/electronic.
 - At the next meeting, discuss with Amber to find out if it's possible to get an electronic copy of the Marshfield Area Activity Guide



- If it is not possible to get an electronic copy of the activity guide, find links and further information to post on the school wellness website for further information on free and local activity opportunities (parks, snowshoeing, bike baths, indoor walking opportunities).
- c. Increase awareness of school wellness policy 725 to all SDOM staff.
 - Offer professional development class to staff on school wellness classroom resources and policy.
 - Stacey will contact Kim to find out if this is possible.
 - Tami Wolff was not able to attend tonight, however it was discussed how she agreed to assist with presenting the class.
 - d. Teach food preparation skills by partnering with a community kitchen to offer cooking classes to families.
 - Offer a freezer meal workshop to elementary parents.
 - This class would be put on for the parents only with a cap of 10 per session, with a side activity for the students related to physical activity and/or wellness. The freezer meal would allow the class to prepare the item and take it home to freeze/make. It simplifies the class by removing any heating elements.
 - Different times of the year were discussed, such as open house, PTO meeting, back to school nights, however it was decided that *winter* would be the best time. The idea to have a theme, such as a fall harvest, would be fun for families.
 - One hurdle that was discussed would be finding enough volunteers to help at each school. The idea was put out about using AmeriCorp member, involved parents that might not take the class, college students (dietetics, health and wellness, H&T, child care degrees), and churches.
 - Funding ideas include: leftover money in the school wellness account, asking PTO to cover the food cost, applying for money through Security Health Plan and contacting local retailers for donations (Festival, Pick N Save, Target, Wal-Mart, and Hewitt Meats). Another option was to partner with a grocery store and feature a certain item from their store.
 - Location ideas include: United Way kitchen, school cafeteria/gym, YMCA
 - Parents would be required to pre-register.
 - Some points that will be discussed in the fall are whether to have a chef or dietitian present and if we should charge a small fee from the participants.
 - It was brought up that Madison has their Back to School Night on September 15th. This event would be a great opportunity to reach out to all the parents, as it has a large parent turnout. If not holding a class, at least using this event to advertise or conduct another type of wellness activity.
- 4. Bicycle Rack (items that have been submitted & will be addressed during upcoming meetings)
 - a. Apply for Governor's School Health Award (long-term goal)
 - b. Healthy concession options at Middle School dances
 - c. Smoothies at Middle School Mega Event (Homecoming week)
 - d. List of free/inexpensive physical activity opportunities in the community for staff/parents
 - e. Staff Physical Activity Program "Mileage Club"
 - f. Booth at Children's Festival (2015-cooking demonstration)

Next meeting: Wednesday, August 20, 12:30pm @ Central Office, Conf. Room A/B